

# clinical health psychology

## defined:

### The American Board of Clinical Health Psychology

**(ABCHP)** is a member board of the American Board of Professional Psychology (ABPP). The latter board oversees the standards and operations of its 15 member boards. The ABCHP is responsible for establishing criteria related to the definition, education, training, competencies, and the examination leading to certification as a specialist in Clinical Health Psychology. The ABCHP is governed by a members board certified in Clinical Health Psychology and representative of the specialty on a national basis.

### Clinical Health Psychology

Clinical Health Psychology is the specialty that applies scientific knowledge of the inter-relationships among behavioral, emotional, cognitive, social and biological components in health and disease to the promotion and maintenance of health; the prevention, treatment and rehabilitation of illness and disability; and the improvement of the health care system. It is dedicated to the development of knowledge regarding the interface between behavior and health, and to the delivery of high quality services based on that knowledge to individuals, families, and health care systems.

### Certification in Clinical Health Psychology

Board certification assures the public and the profession that the clinical health psychologist specialist has successfully completed the education, training, and experience requirements of the specialty, including an examination designed to assess the competencies required to provide quality services in clinical health psychology. Specialists, by definition, are advanced levels of practice including doctoral and post-doctoral preparation. A description of the general doctoral degree and licensure requirements for certification follows together with the specialty specific requirements of the clinical health psychology specialty.

### ABPP Central Office

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### Requirements for Board Certification

The fundamental areas of examination for board certification in Clinical Health Psychology are as follows:

#### Assessment and Intervention

The assessment and intervention competencies related to the practice of clinical health psychology are fundamental aspects of the examination. Two samples of the candidate's practice are submitted and reviewed together with the candidate's pattern of practice through his/her professional statement.

#### Science Base and Application

The science or discipline base of the specialty is the appropriate application of that base to the contemporary practice of clinical health psychology, including the applicant's awareness of theory and research pertaining to issues of cultural, diversity, ethnicity, gender and sexual orientation. Also necessary is familiarity with the fundamentals of physical illness and the professional techniques and systems providing treatment for them.

#### Ethics and Legal Foundations

The candidate should be aware of and appropriately exercise ethical and legal standards. This includes the APA Ethical Principles and current statutory provisions and case law precedents applicable for the protection of the interests of individuals, groups, organizations, the profession, and society.

#### Professional Identification

The candidate is expected to demonstrate meaningful involvement with the profession in general and the specialty in particular.

#### Consultation and Supervision

These competency areas have emerged as significant of practice for many specialties. They are often included in the specialist's regular professional functioning.

*"As someone who recently completed the board certification process, I can unequivocally state that it was a very enriching process...The process provides you with a sense of validation by your peers and helps the public clearly identify who has met the requirements of certification...When I finished I did not feel like I had passed one test—I felt I had completed a comprehensive process designed to assess my competence. There were anxieties along the way—"what if I fail"—but then I decided I would just take what I learned and build on it to improve myself. I highly suggest going for the boards."*

- Dominic A. Carone, Ph.D, ABPP

### Fees

\$125 fee for application and credential review to establish candidacy.  
\$250 fee for the practice sample review and establishment of the oral examination team.  
\$450 for the oral examination.

These fees are due sequentially over the time span necessary to complete all of the candidacy and examination steps. Upon granting Board certification a yearly fee of \$185 is assessed to support the many services of the ABPP and the representation of the organization to the public and the profession.